

Prayer

Our Father...

SHOPPING



FAMILY DEVOTIONS

INSTRUCTIONS

For each week we will upload three devotions that build upon and link to our Kids Alive message on Sunday. Three devotions means:

- Those who already do devotions can continue these the other half of the week;
- Those for whom devotions are possible at most every second night of the week can also be included.

The devotions will follow this format:

INTRO

A short introductory activity or discussion

RECAP

A recap of the previous devotion

READ

A short passage will be printed. This makes it less time-consuming and also excludes the need to find a bible.

EXPLORE

Some simple comprehension questions that direct our understanding of the passage

APPLY

Something we can learn from the passage and apply to our own lives

PRAY

Suggested prayer points that come from the passage

MEMORY VERSE

This is only suggested if time permits as it may be a slightly longer activity. You may design something to remember the verse or do some fun games or activities to aid in remembering the verses.

WEEK 1: February 3-9

DAY 1

INTRO:

Think back to Christmas. What gifts did you ask your parents for and receive?

RECAP:

What did your children learn about at church on Sunday?

READ LUKE 11:11-13

¹¹ "Which of you fathers, if your son asks for a fish, will give him a snake instead? ¹² Or if he asks for an egg, will give him a scorpion? ¹³ If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

EXPLORE:

What did the children in the above passage ask for? (*A fish & an egg: food*)

How wouldn't a normal father respond to such a request? (*By giving something dangerous, like a snake or scorpion*)

What point did Jesus make out of this? (*If we as flawed fathers know how to give good gifts to our children our Heavenly Father knows how to do so even better!*)

APPLY:

Fathers love to give good things to their children; that is why they sometimes work so much! In the same way our Heavenly Father delights to give good things to us. This should shape our attitude in prayer: we are not approaching a king who doesn't understand everyday life for normal people, nor a God who is distant and far-removed from us. When we pray we approach God as our Heavenly Father who loves to bless us by always caring for us and providing for our needs!

PRAY:

Thank our Heavenly Father that he loves to give us good gifts. Pray that this will shape the way we pray, so that we will pray like children asking their dads for things he loves to give!

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

How much more will your Father in heaven give! **Luke 11:13**

Write the words of this week's verse onto little gift boxes. Use these to learn this week's verse!

WEEK 1: February 3-9

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 spend some time praising our Heavenly Father for his goodness to us.

On Day 3 play for your family your favourite song of praise and sing it together to our Lord!

WEEK 2: February 10-16

DAY 1

INTRO:

Tell your family about something you saw ruined, whether it was some work someone did or even an event that didn't happen because of the weather.

RECAP:

What did your children learn about at church on Sunday?

READ ISAIAH 6:1-7

¹In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. ²Above him were seraphim, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. ³And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory." ⁴At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke. ⁵"Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty." ⁶Then one of the seraphim flew to me with a live coal in his hand, which he had taken with tongs from the altar. ⁷With it he touched my mouth and said, "See, this has touched your lips; your guilt is taken away and your sin atoned for."

EXPLORE:

How did Isaiah feel? (*He felt like he had been ruined*)

Why did he feel this way? (*Because he was an unclean sinner who stood before a holy God*)

What did God do to fix this? (*He sent a seraph to take away Isaiah's guilt and to atone for his sin*)

APPLY:

How can we as sinners approach a holy God in prayer? This passage answers this for us: only because our sin has been atoned for and our guilt taken away. This wasn't done for us by an angel but by the very Son of God himself! This is why we pray 'in Jesus' name'; we approach our Heavenly father only because Jesus has made it possible!

PRAY:

Thank our Heavenly Father that because he is holy he sent Jesus to take away our guilt. Pray that we might approach our Heavenly Father confidently in the name of his Son.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

"Your guilt is taken away and your sin atoned for." Isaiah 6:7

Draw a picture of the passage above, and write above it this week's verse.

WEEK 2: February 10-16

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 spend some time confessing your sins to our Heavenly Father. Following the passage above write your sins down on little scraps of paper and then burn them to show they are atoned for and no longer remembered by God!

On Day 3 make a cross and write around it the sins of our community and country. Confess these. Then use some red paint to make a thumb print to put over the sin to show that Jesus' blood can cover these things!

WEEK 3: February 17-23

DAY 1

INTRO:

Who have you asked to help you this week? What answers did you get?

RECAP:

What did your children learn about at church on Sunday?

READ HEBREWS 4:14-16

¹⁴Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

EXPLORE:

How should we approach God when we need help? (*With confidence that we will receive the mercy and grace we need*)

Why should this be our attitude? (*Because Jesus understands what we are going through*)

Why does Jesus understand? (*He was tempted in every way like us*)

APPLY:

In the Old Testament, the high priest did one of the most important jobs: he alone could offer the annual sacrifice for sin on behalf of all of our God's people. This passage tells us that Jesus is our sympathetic high priest who offered this sacrifice for us. This suggests that God answers our prayers not because of the words we use but because his Son has provided a way for us to approach God with confidence!

PRAY:

Thank our Heavenly Father that Jesus died once for all sin. Pray that we will approach God confidently in prayer, knowing that our sins have been paid for and that he perfectly understands our needs.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Let us then approach God's throne of grace with confidence. Hebrews 4:16

Take turns getting different members of your family to say each word of this week's verse, getting louder and prouder as you do so!

WEEK 3: February 17-23

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 celebrate communion together, remembering that in Christ we have confidence to approach the throne of God.

On Day 3 pray for our schools, workplaces, community and country, standing in to pray for them as Jesus stood in our place.

WEEK 4: February 24-March 2

DAY 1

INTRO:

What prayers have you prayed that it feels like God hasn't answered?

RECAP:

What did your children learn about at church on Sunday?

READ MATTHEW 26:36-39

³⁶Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

EXPLORE:

How did Jesus feel as he prayed? (*Sorrowful, troubled, overwhelmed*)

What was Jesus' desire? (*That a particular cup be taken from him*)

What was Jesus' prayer request? (*That God's will be done more than Jesus' own*)

APPLY:

Jesus gives us a very helpful example here of how to pray. Jesus tells his Father in heaven what he wants: it is not to drink the cup of God's great anger at sin (Job 21:20). However Jesus then says 'But what YOU want, God, is more important to me than what I want'. Learning to pray 'Your will be done' is hard, but as we learn more about God's character and his plans for our world we will see more answers to prayer (and better ones too!).

PRAY:

Thank our Heavenly Father that he loves to hear our desires. Pray that as we learn more about God we will slowly come to desire what he does.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

"Not as I will, but as you will." **Matthew 26:39**

Get a volunteer to write each word of this week's verse on one of their fingers (there are ten if the reference Matt 26.39 is written on one finger). Have the other members of your family call out a number between one and ten and show them the finger corresponding to that number. Slowly put together the verse so that your ten fingers end up together to make praying hands that ask for God's will to be done ahead of our own.

WEEK 4: February 24-March 2

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 spend some time praying a prayer from the bible (perhaps Col 1:3-14 which we studied last year). Then reflect: how different are your own prayers for others?

On Day 3 revisit the prayer passage you used and try to pray it for those in your family by using your own words.

WEEK 5: March 3-9

DAY 1

INTRO:

What have you helped your mum or dad with recently?

RECAP:

What did your children learn about at church on Sunday?

READ ISAIAH 37:21-22; 33-35

²¹ Then Isaiah son of Amoz sent a message to Hezekiah: "This is what the LORD, the God of Israel, says: Because you have prayed to me concerning Sennacherib king of Assyria, ²² this is the word the LORD has spoken.

³³ "He will not enter this city or shoot an arrow here. He will not come before it with shield or build a siege ramp against it. ³⁴ By the way that he came he will return; he will not enter this city," declares the LORD. ³⁵ "I will defend this city and save it."

EXPLORE:

What did Hezekiah pray to God about? (*Sennacherib, the king of Assyria*)

Why did Isaiah speak to Hezekiah? (*God had an answer to the prayer*)

What was this answer? (*God would defend Jerusalem from the king*)

APPLY:

Sometimes we might wonder what the point of praying is. If God knows everything and is all-powerful why pray? Does it achieve anything? Does it change God's mind? We see in this story that God uses our prayers in his plans to achieve his purposes. Just like our parents allow us to help when they could actually do things by themselves so God graciously uses our prayers in his work in our world.

PRAY:

Thank our Heavenly Father that he listens to and answers our prayers even when he doesn't need to! Pray that we might have confidence that our prayers achieve actual results because of God's grace and kindness.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

"This is what the LORD, the God of Israel, says because you have prayed to me". **Isa 37:21**

Come up with actions to help you remember this week's verse.

WEEK 5: March 3-9

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 research a particular country where God is really doing amazing things by growing his church. Pray for this country, thus involving yourself in God's plans!

On Day 3 pray for things in the news at the moment. Start a prayer journal so that in the future you can look back to see how God answered your prayers!

WEEK 6: March 10-16

DAY 1

INTRO:

How often do you pray?

RECAP:

What did your children learn about at church on Sunday?

READ EPHESIANS 6:10-13, 18

¹⁰Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armour of God, so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.¹³Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

EXPLORE:

Why do we struggle to pray? *(Because there is a spiritual battle going on)*

What would happen if we if we put on the armour of God? *(We would be able to take our stand against the devil's schemes, and remain standing)*

How often then should we pray? *(On all occasions; always)*

APPLY:

This amazing passages gives us great hope: even though Satan and his minions are against us we can stand firm in the strength and protection that the Lord provides! Why would we not pray?!

PRAY:

Thank our Heavenly Father that he has given us everything we need to remain standing in spiritual warfare. Pray that we will regularly pray in the Spirit for all the Lord's people.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Our struggle is not against flesh and blood, but [...] against the spiritual forces of evil.

Ephesians 6:12

Draw a picture of a knight in full armour and write above it this week's verse to remind you that prayer is one of our greatest weapons against evil.

WEEK 6: March 10-16

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 pray by starting with a Wow! prayer, before moving to a Sorry, then Thanks, and finally a Help! prayer.

On Day 3 download the app 'Operation World' to pray for countries around the world.

WEEK 7: March 17-23

DAY 1

INTRO:

What has happened recently for which you rejoice?

RECAP:

What did your children learn about at church on Sunday?

READ 1 THESSALONIANS 5:16-18

¹⁶Rejoice always, ¹⁷pray continually, ¹⁸give thanks in all circumstances; for this is God's will for you in Christ Jesus.

EXPLORE:

How often should we rejoice? *(Always)*

When should we give thanks? *(In all circumstances)*

Why should we do this? *(It is God's will for us)*

APPLY:

Prayer is something that should always be on our lips. Prayer is not only an ongoing conversation with God but a continual response to all that he has said to us in his word. The more we reflect on God's goodness to us the more thankful we will be, and the more thankful we are the more we should turn to him in prayer and say 'thanks' every moment!

PRAY:

Thank our Heavenly Father that he has richly blessed us with every spiritual blessing (Ephesians 1:3) and with all we need for a life of godliness (2 Peter 1:3). Pray that we might learn how to rejoice always, pray continually, and give thanks in all circumstances.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Pray continually, give thanks in all circumstances. **1 Thessalonians 5:17-18**

Get each member of your family to say one word of this week's verse one after the other. Continue to do so for two minutes, saying the words over and over again!

WEEK 7: March 17-23

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 start to set aside time each to spend time with the Lord in prayer. If you already do this try to do the same at night before you go to bed!

On Day 3 resolve to speak to God whenever you can throughout the day. Perhaps set yourself regular reminders to do so!

WEEK 8: March 24-30

DAY 1

INTRO:

What do you think is the most important thing to pray for?

RECAP:

What did your children learn about at church on Sunday?

READ LUKE 11:1-2

¹ One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." ² He said to them, "When you pray, say: "'Father, hallowed be your name, your kingdom come".

EXPLORE:

What had Jesus been doing? (*Praying*)

What did Jesus' disciples ask him to do? (*Teach them to pray*)

What two things did he teach them to pray for? (*God's name to be hallowed, and for God's kingdom to come*)

APPLY:

Jesus himself taught his disciples the two most important things to pray for: that God's name be set apart and glorified, and for God's kingdom to come. How often do you actually pray for these things?

PRAY:

Thank our Heavenly Father that his kingdom has come in Jesus and that Jesus glorified his Father. Pray that we too might be so consumed by the Father's glory that we will pray these things daily.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

"When you pray, say: "'Father, hallowed be your name, your kingdom come". **Luke 11:2**

Come up with actions for this week's verse.

WEEK 8: March 24-30

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 pray the first part of the Lord's Prayer by putting it into your own words.

On Day 3 pray for Mission 2020: may God use the churches in the Hills to reach the lost so that more people may come to know Jesus.

WEEK 9: March 31-April 6

DAY 1

INTRO:

What are the three most important things that you feel you need?

RECAP:

What did your children learn about at church on Sunday?

READ LUKE 11:1-4

¹One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." ²He said to them, "When you pray, say: "'Father, hallowed be your name, your kingdom come. ³Give us each day our daily bread. ⁴Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation".

EXPLORE:

What did Jesus say we need to ask God for each day? (*Our daily bread*)

What did he say we need to be forgiven for? (*Our sins*)

Where should we want God to lead us? *(Not into temptation)*

APPLY:

Jesus taught us the three most important things we should pray for: daily food, forgiveness and avoiding temptation. Yet so often our prayers are for much more unimportant things. Discuss as a family how you can make these things you regularly pray for.

PRAY:

Thank God that he has given us such clear directions on what to pray for. Pray that we will follow his guidelines and recognise our deepest needs.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

"Give us each day our daily bread. Forgive us our sins. [...] Lead us not into temptation".

Luke 11:3-4

Create a picture of the Lord's Prayer using Word Art (this picture is an example). Make sure you highlight the most important things to pray for from this and our previous devotions.



WEEK 9: March 31-April 6

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 pray the second part of the Lord's Prayer by putting it into your own words.

On Day 3 get everyone in your family to make a prayer list and then swap it with someone else so that you can pray for them.

WEEK 10: April 7-13

DAY 1

INTRO:

What makes you anxious?

RECAP:

What did your children learn about at church on Sunday?

READ PHILIPPIANS 4:6-7

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

EXPLORE:

What does this say we should be anxious about? (*Nothing!*)

What should we do instead? (*Present our prayer requests to God*)

What will happen as a result? (*the peace of God will guard our hearts and minds*)

APPLY:

Whenever we feel anxious we should turn to God in prayer. Interestingly we should also give thanks to God when we do so. This is because thankfulness can take our minds from our problems to the many blessings God has given us. What would our lives look like if whenever we felt stress or anxiety we redirected our thoughts to all that God has given us in Christ?

PRAY:

Thank our Heavenly Father that he has blessed us abundantly with all we need. Pray that this might give us comfort and peace when we are anxious.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

*In every situation, by prayer and petition, with thanksgiving, present your requests to God. **Philippians 4:6***

Make a stress ball by filling a balloon with rice. Write on it this week's verse using black marker, so that when you feel you need stress relief you are reminded to present your requests to God.

WEEK 10: April 7-13

DAYS 2 & 3

PRAY:

Our goal through this series is to grow in our understanding AND in our practice of prayer.

As a result on Day 2 reflect with your family what you have learnt through this prayer series. What have you found helpful for your prayer life? What will you develop into a regular routine?

On Day 3 discuss how will you continue to improve your prayer life? What do you still need to work on?

